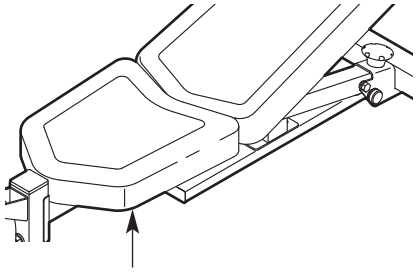
WEIDER® 190 TC

Model No. WEEVBE8909.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 00 (44) 53 9236102

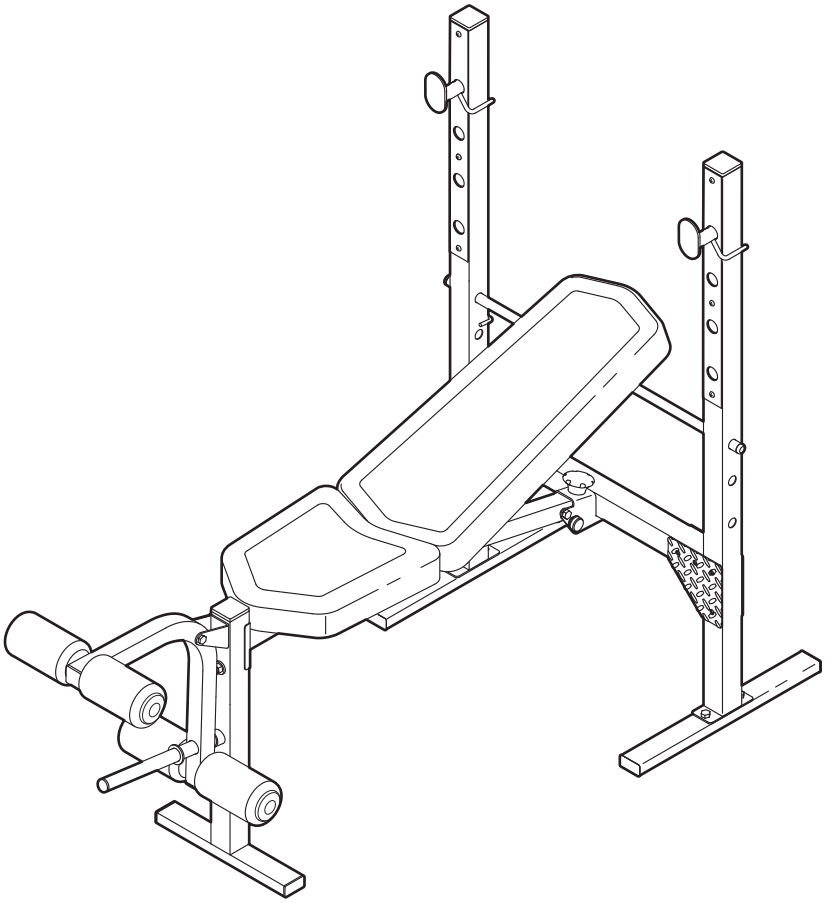
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



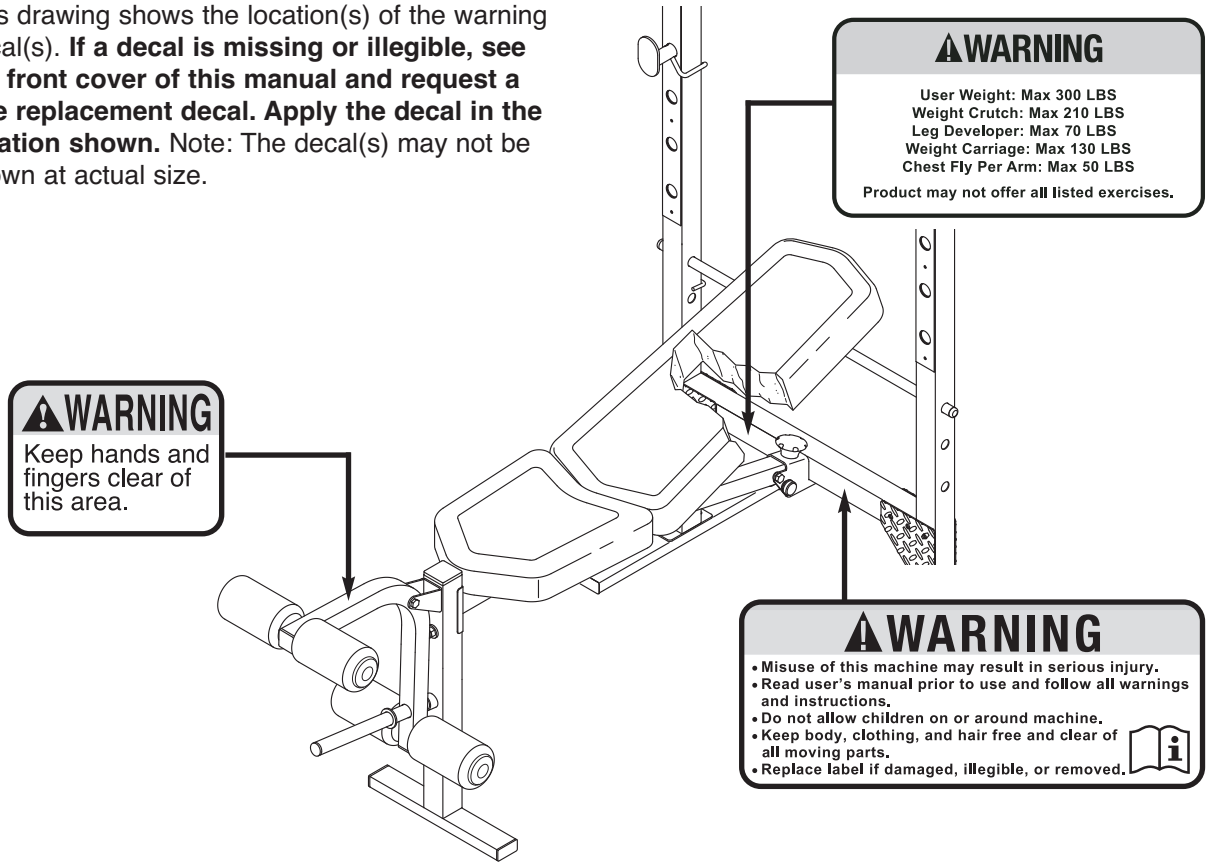
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
ADJUSTMENT 11
EXERCISE GUIDELINES 13
PART LIST 14
EXPLODED DRAWING 15
ORDERING REPLACEMENT PARTS . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 210 LBS
Leg Developer: Max 70 LBS
Weight Carriage: Max 130 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.
WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

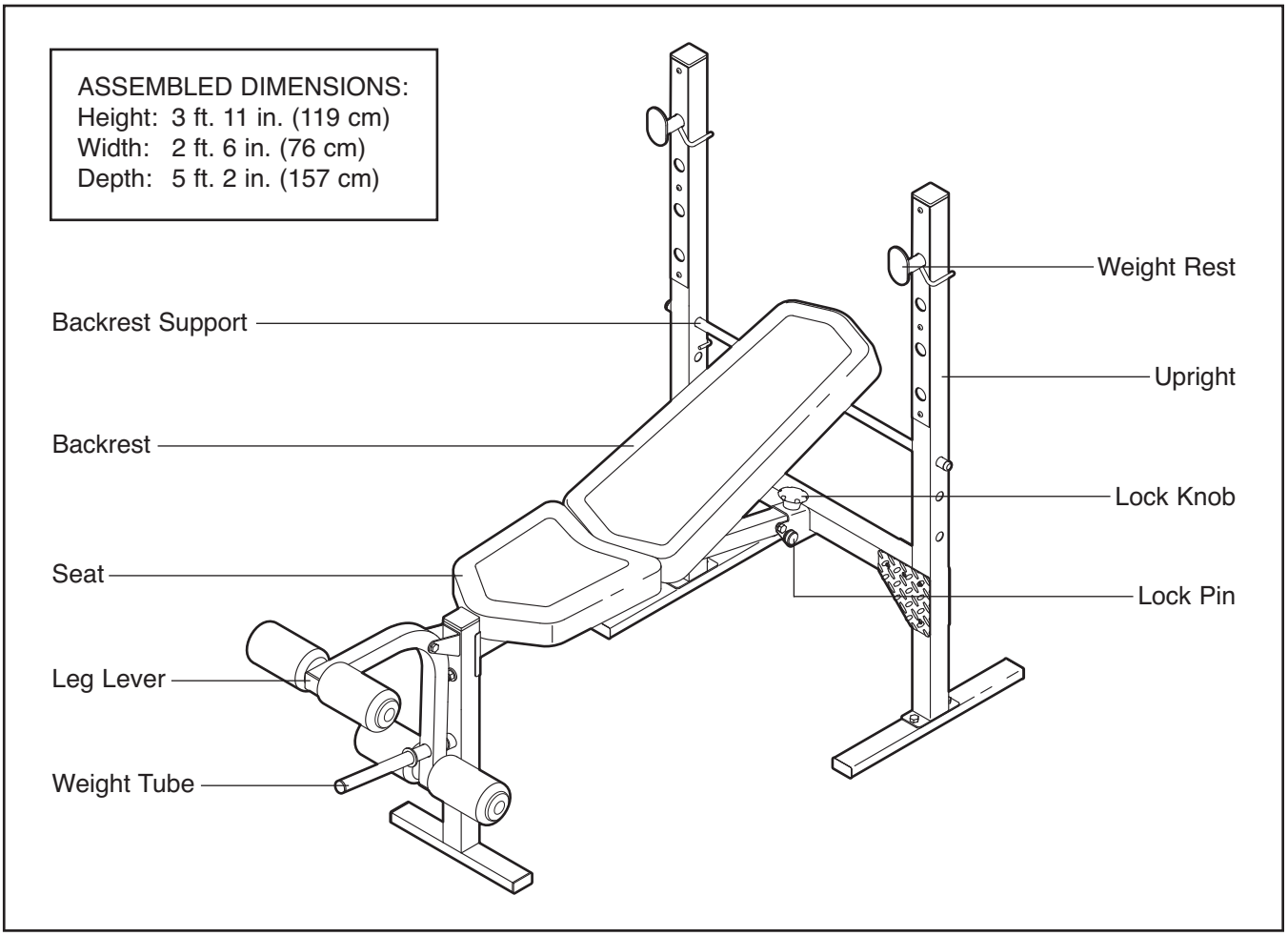
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.**
5. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under age 12 and pets away from the weight bench at all times.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 70 lbs. (32 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.**
11. **Before setting a barbell on the weight rests, make sure that the weight rests are inserted as far as possible and that they are turned to the locked position.**
12. **Do not use a barbell that is longer than 6 ft. (1.8 m) with the weight bench.**
13. **Always place equal amounts of weight on both ends of the barbell when using it.**
14. **When adding or removing weights, always keep some weight on both ends of the barbell.**
15. **When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
16. **When using the backrest in a level position or an inclined position, make sure that the backrest support is inserted completely into the uprights and that it is turned to the locked position.**
17. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new WEIDER® 190 TC weight bench. The weight bench offers a selection of exercises designed to develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

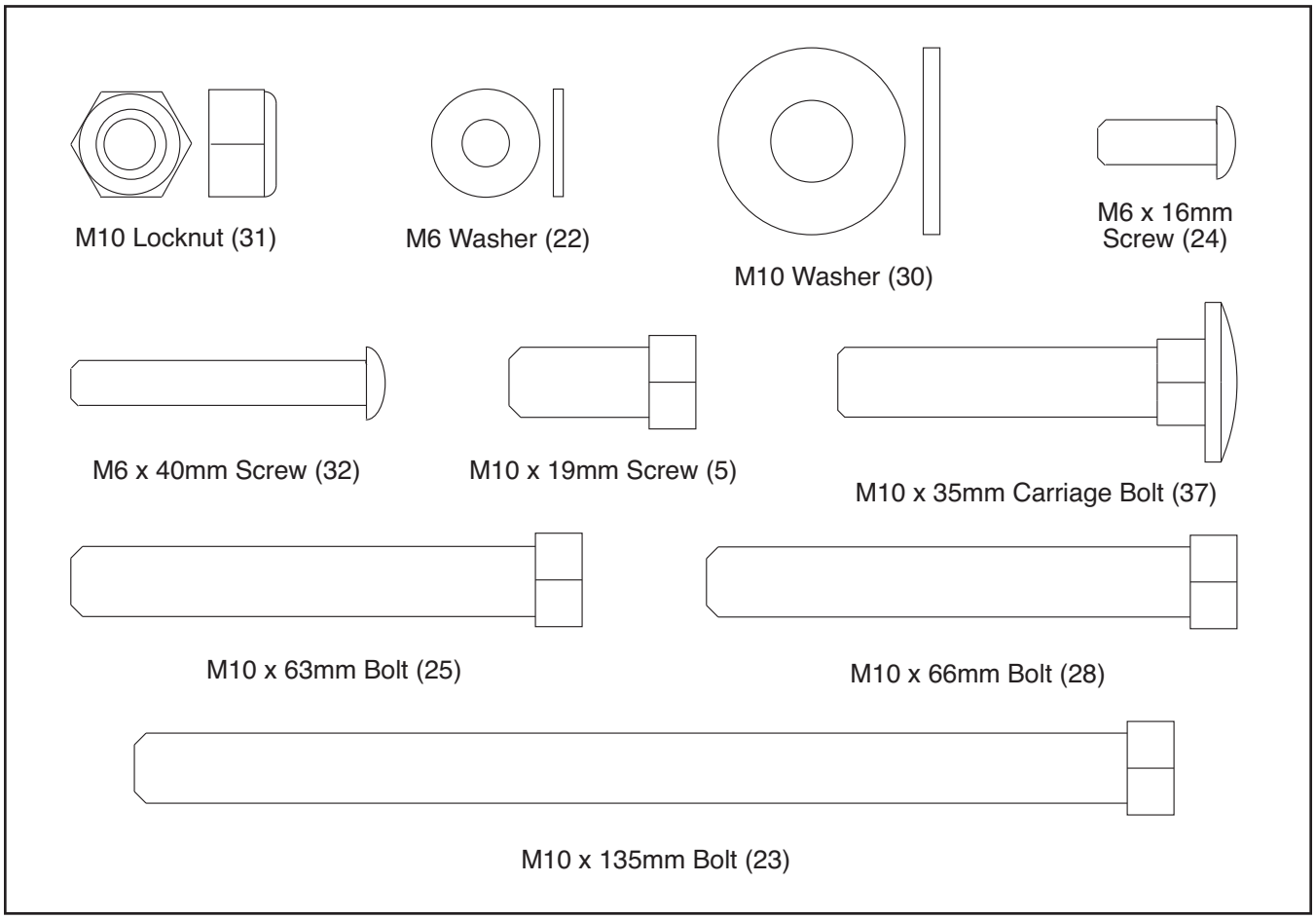
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**


M10 Locknut (31)
M6 Washer (22)
M10 Washer (30)
M6 x 16mm Screw (24)
M6 x 40mm Screw (32)
M10 x 19mm Screw (5)
M10 x 35mm Carriage Bolt (37)
M10 x 63mm Bolt (25)
M10 x 66mm Bolt (28)
M10 x 135mm Bolt (23)

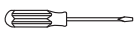
ASSEMBLY

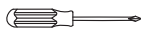
To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches

one rubber mallet

one standard screwdriver 

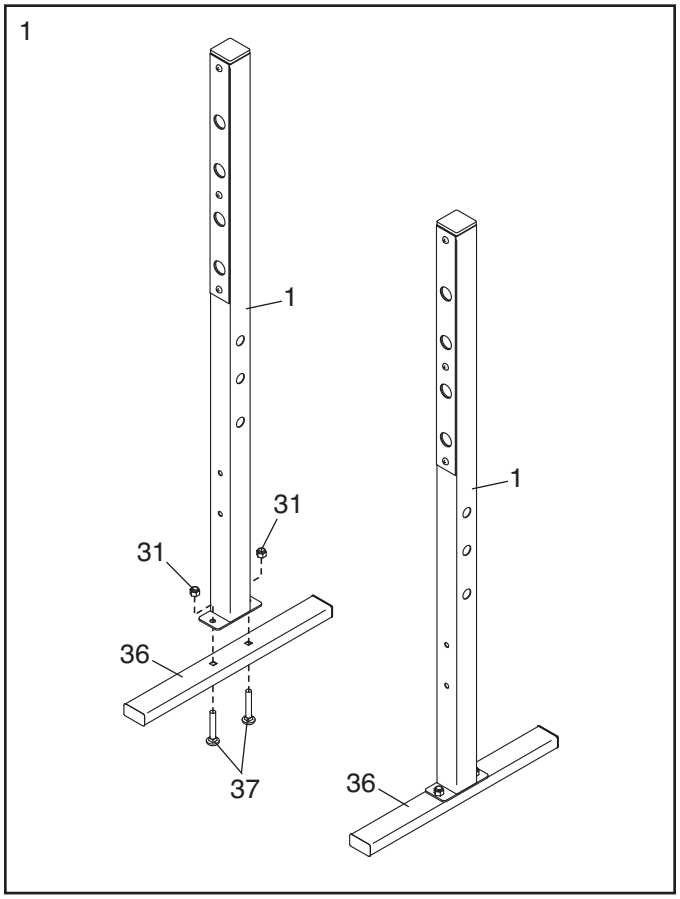
one Phillips screwdriver 

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **To make assembly easier, make sure that you have read the assembly tips in the box above.**

Attach a Base (36) to an Upright (1) with two M10 x 35mm Carriage Bolts (37) and two M10 Locknuts (31).

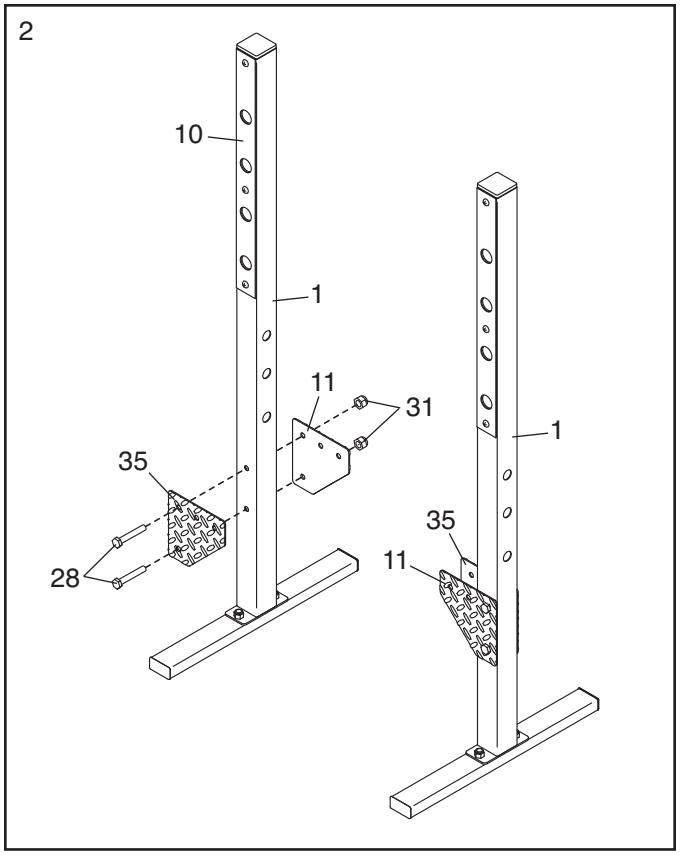
Attach the other Base (36) to the other Upright (1) in the same way.



2. Orient one of the Uprights (1) so that the Upright Cover (10) is on the side shown.

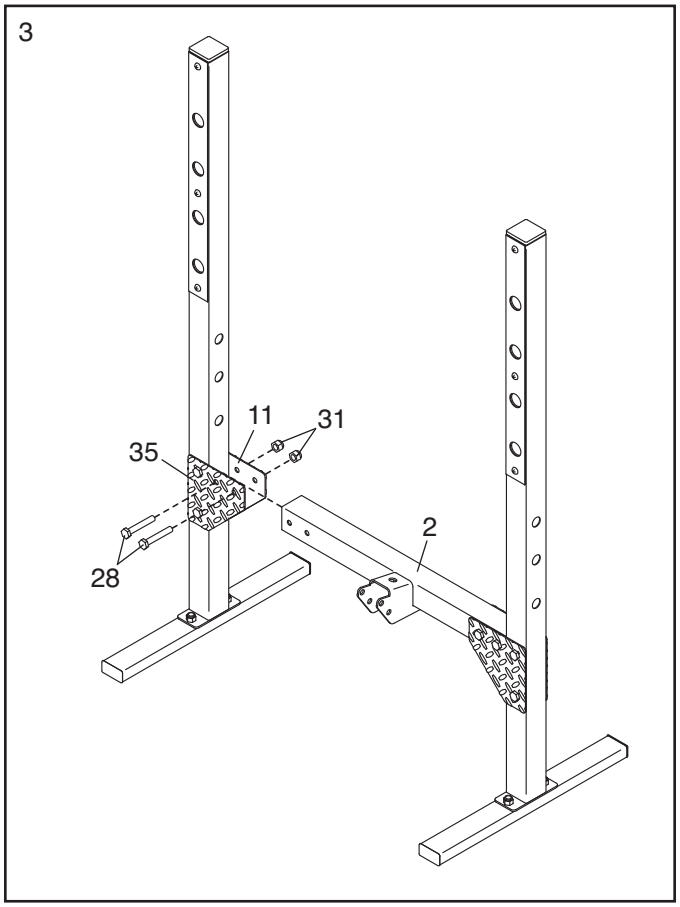
   Next, orient a Left Joint Plate (35) and a Right Joint Plate (11) as shown. Attach the Joint Plates to the Upright (1) with two M10 x 66mm Bolts (28) and two M10 Locknuts (31). **Do not tighten the Locknuts yet.**

   Repeat this step with the other Upright (1) and the other Joint Plates (11, 35), making sure that they are oriented as shown.

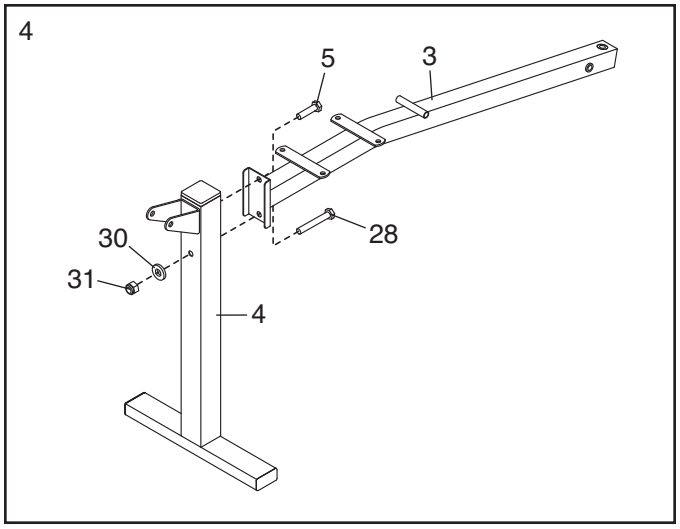


3. Attach one end of the Crossbar (2) to two Joint Plates (11, 35) with two M10 x 66mm Bolts (28) and two M10 Locknuts (31). **Do not tighten the Locknuts yet.**

   Attach the other end of the Crossbar (2) in the same way.



4. Attach the Front Leg (4) to the Frame (3) with an M10 x 19mm Screw (5), an M10 x 66mm Bolt (28), an M10 Washer (30), and an M10 Locknut (31). **Do not tighten the Screw or the Locknut yet.**

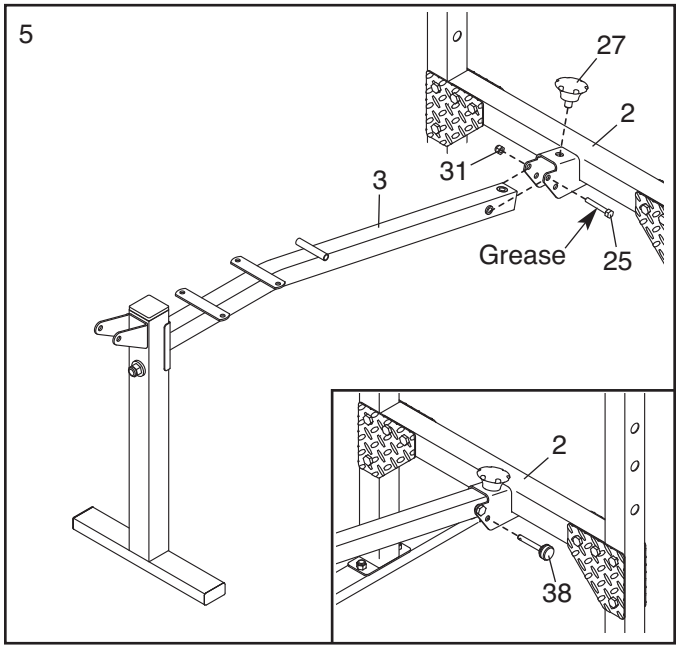


5. Apply some of the included grease to an M10 x 63mm Bolt (25).

   Attach the Frame (3) to the **upper** set of holes in the bracket on the Crossbar (2) with the M10 x 63mm Bolt (25) and an M10 Locknut (31). **Do not overtighten the Locknut; the Frame must pivot easily.**

   Next, tighten the Lock Knob (27) into the bracket on the Crossbar (2) and into the Frame (3).

   See the inset drawing. Insert the Lock Pin (38) into the lower set of holes in the bracket on the Crossbar (2).

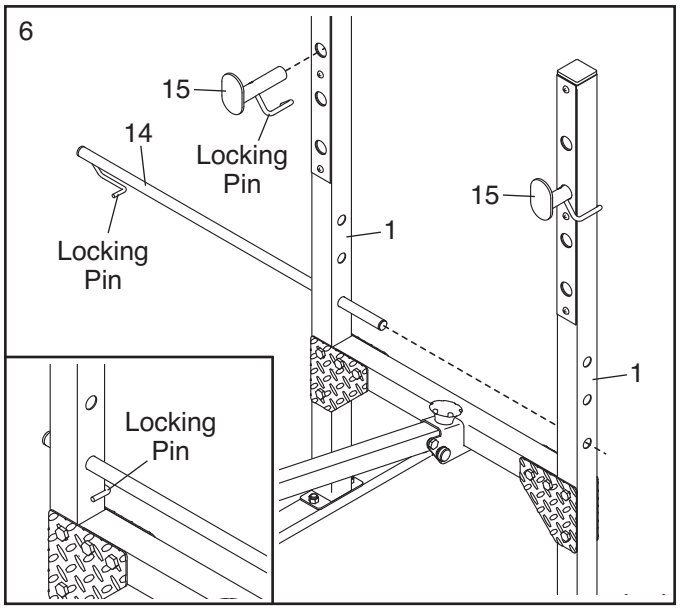


6. Insert the Backrest Support (14) into a set of holes in the Uprights (1). Rotate the Backrest Support so that the locking pin is wrapped around the Upright (see the inset drawing).

   Next, insert a Weight Rest (15) into an Upright (1). Rotate the Weight Rest so that the locking pin is wrapped around the Upright.

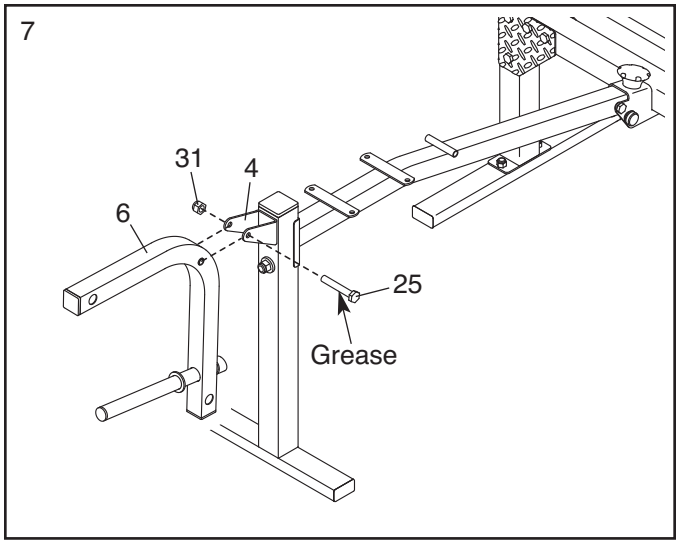
   Attach the other Weight Rest (15) in the same way. Make sure that the Weight Rests are at the same height.

   See steps 2–4. Tighten the M10 Locknuts (31) and the M10 x 19mm Screw (5) used in these steps.



7. Apply grease to an M10 x 60mm Bolt (25).

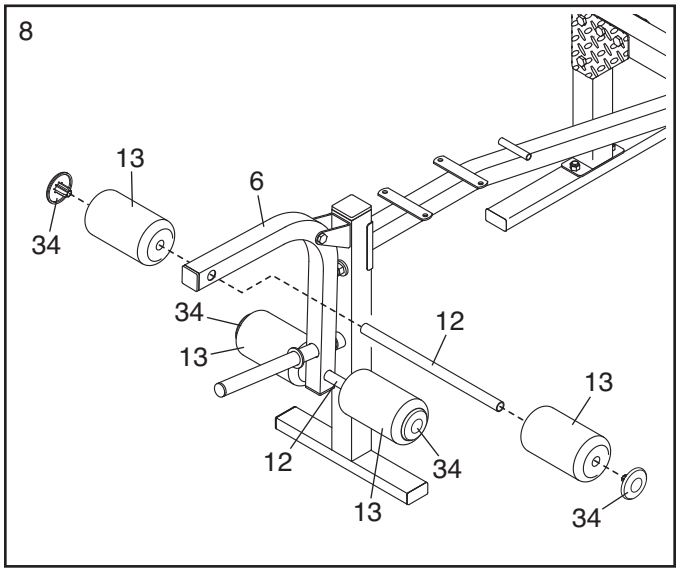
   Attach the Leg Lever (6) to the Front Leg (4) with the M10 x 63mm Bolt (25) and an M10 Locknut (31). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



8. Insert a Pad Tube (12) into the Leg Lever (6).

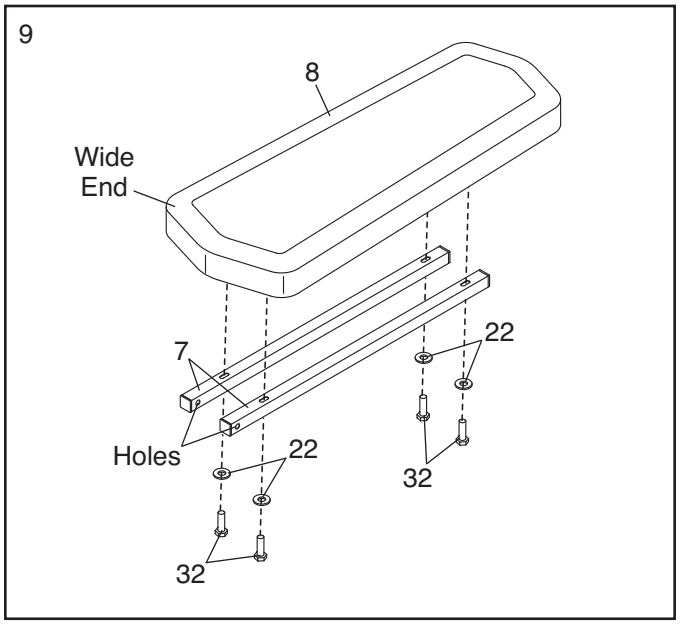
   Slide two Foam Pads (13) onto the Pad Tube (12), and then press two Pad Caps (34) into the Pad Tube.

   Attach the other Pad Tube (12), Foam Pads, (13), and Pad Caps (34) in the same way.



9. Orient the Backrest (8) and the Backrest Tubes (7) as shown.

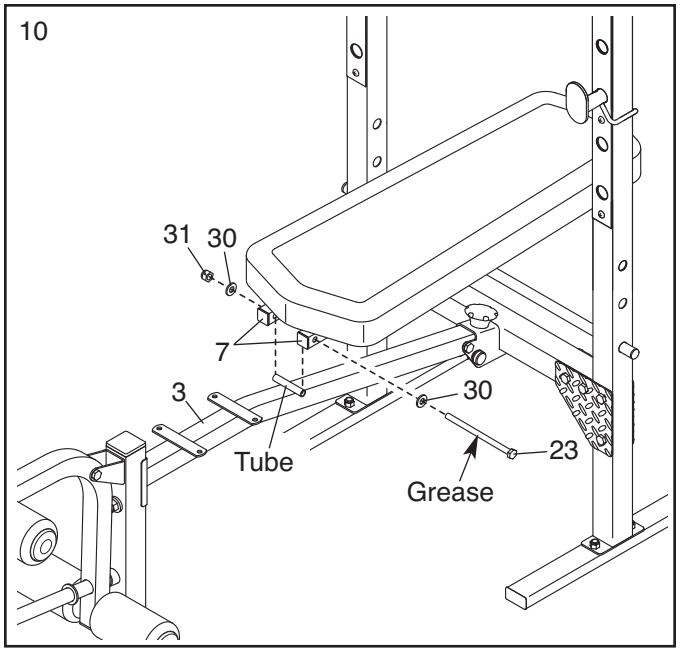
   Attach the Backrest Tubes (7) to the Backrest (8) with four M6 x 40mm Screws (32) and four M6 Washers (22). **Do not tighten the Screws yet.**



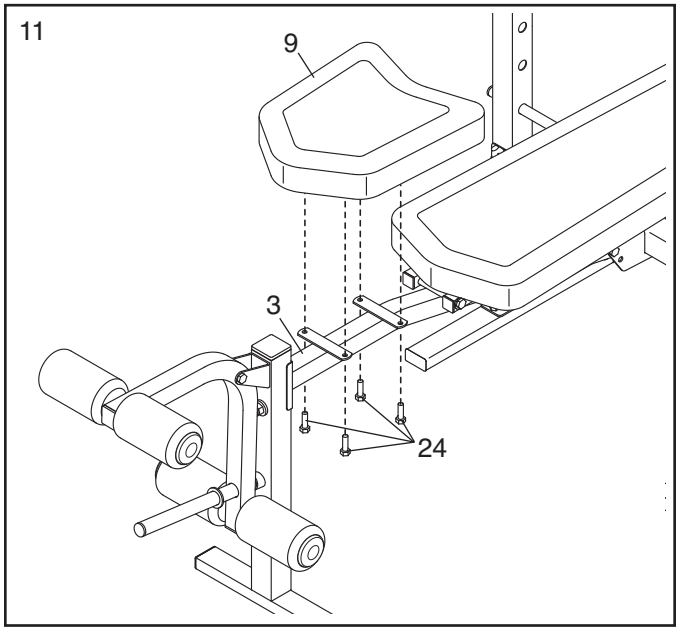
10. Apply grease to an M10 x 135mm Bolt (23).

    Attach the Backrest Tubes (7) to the welded tube on the Frame (3) with the M10 x 135mm Bolt (23), two M10 Washers (30), and an M10 Locknut (31). **Do not overtighten the Locknut; the Backrest Tubes must pivot easily.**

    See step 9. Tighten the M6 x 40mm Screws (32).



11. Attach the Seat (9) to the Frame (3) with four M6 x 16mm Screws (24).



12. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 11.

ADJUSTMENT

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 13 for important exercise information, and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set for additional exercises.

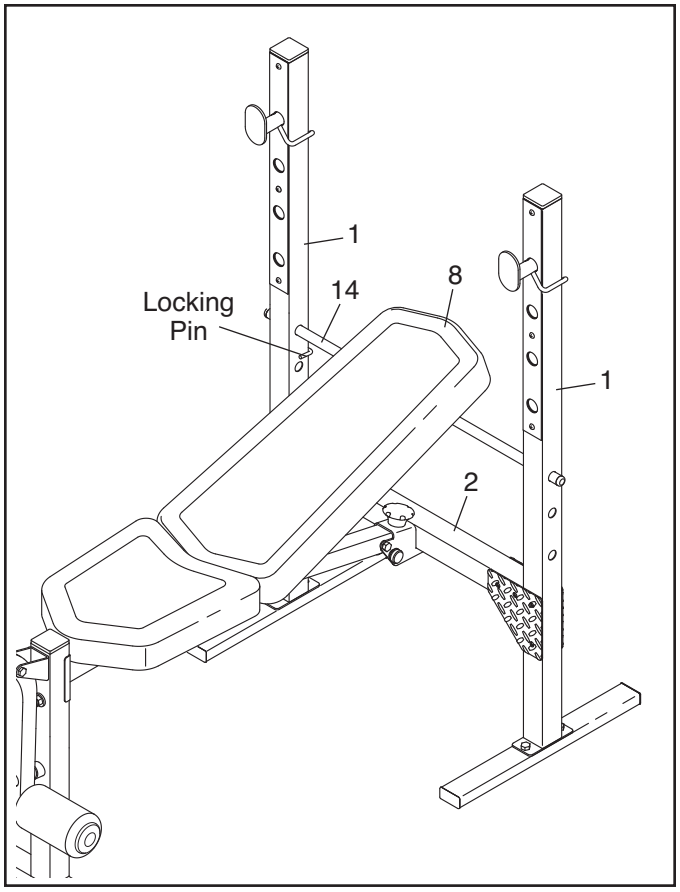
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

The Backrest (8) can be used in a declined position, a level position, or either of two inclined positions. To use the Backrest in the declined position, remove the Backrest Support (14) and lay the Backrest on the Crossbar (2).

To use the Backrest (8) in the level position or an inclined position, lift the Backrest and insert the Backrest Support (14) into one of the sets of holes in the Uprights (1). Rotate the Backrest Support so that the locking pin is wrapped around the Upright.

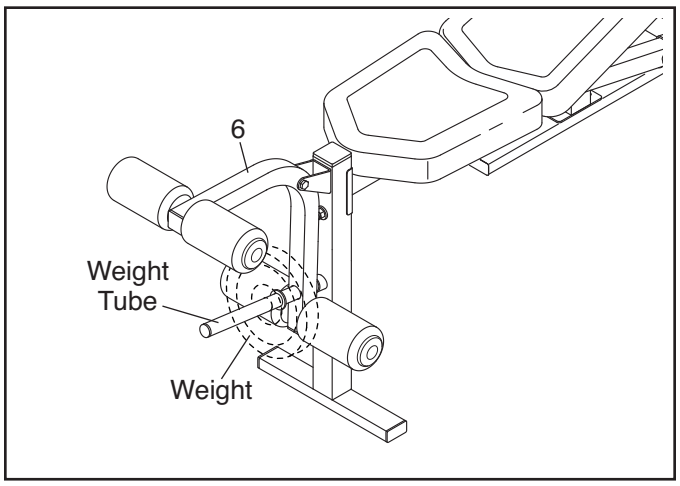
⚠ WARNING: When using the Backrest (8) in a level position or an inclined position, make sure that the Backrest Support (14) is inserted completely into both Uprights (1) and that it is turned to the locked position.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (6), slide the desired weights (not included) onto the weight tube.

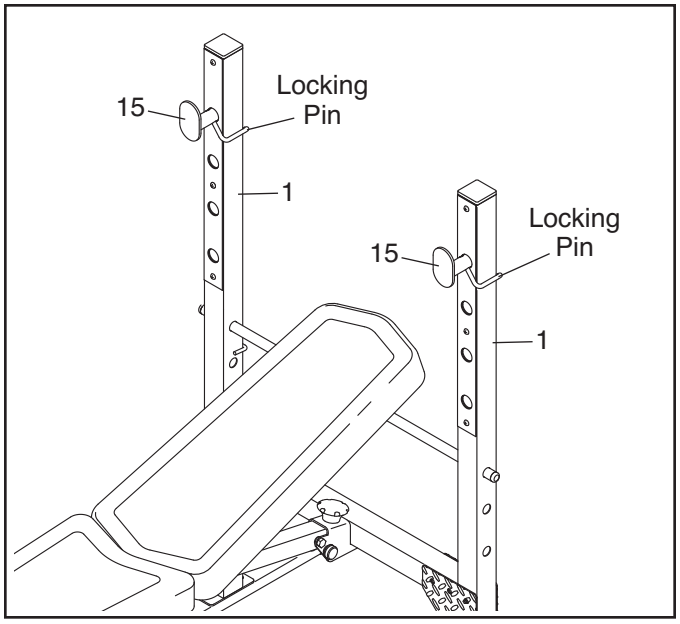
⚠ WARNING: Do not place more than 70 lbs. (32 kg) on the Leg Lever (6).



ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (15), remove them from the Uprights (1) and insert them into a different set of holes in the Uprights. **Rotate the Weight Rests so that the locking pins are wrapped around the Uprights.**

⚠ WARNING: Always rotate the Weight Rests (15) so that the locking pins are wrapped around the Uprights (1). Always set both Weight Rests at the same height.



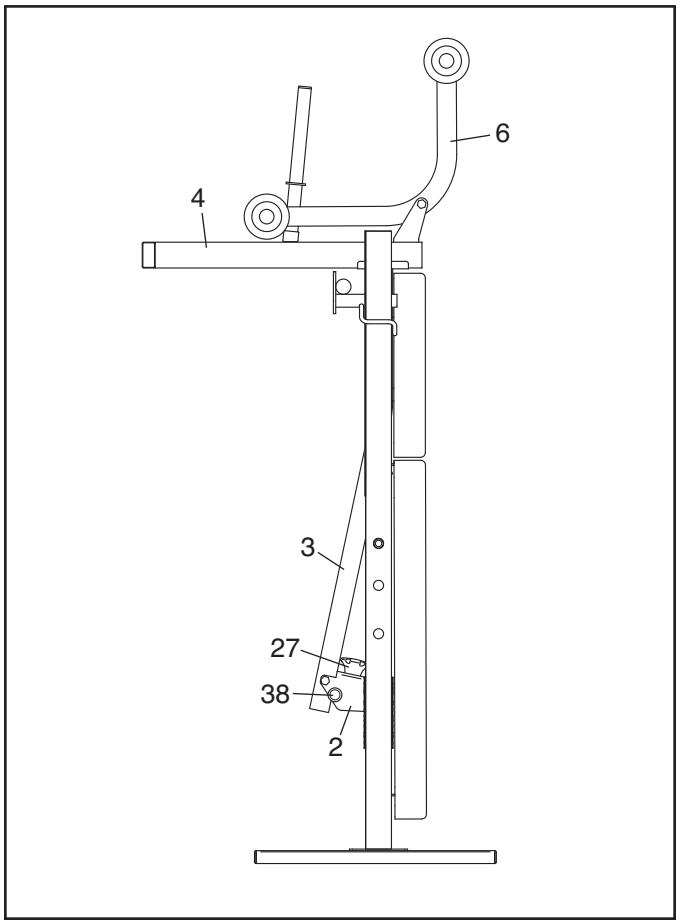
STORING THE WEIGHT BENCH

Before storing the weight bench, remove any weights from the Leg Lever (6).

To store the weight bench, first remove the Lock Knob (27) and the Lock Pin (38) from the bracket on the Crossbar (2).

Next, raise the Frame (3) and the Front Leg (4) to the position shown.

Then, insert the Lock Pin (38) into the side of the bracket on the Crossbar (2), and insert the Lock Knob (27) into the top of the bracket. The Lock Pin will prevent the weight bench from unfolding.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST—Model No. WEEVBE8909.0

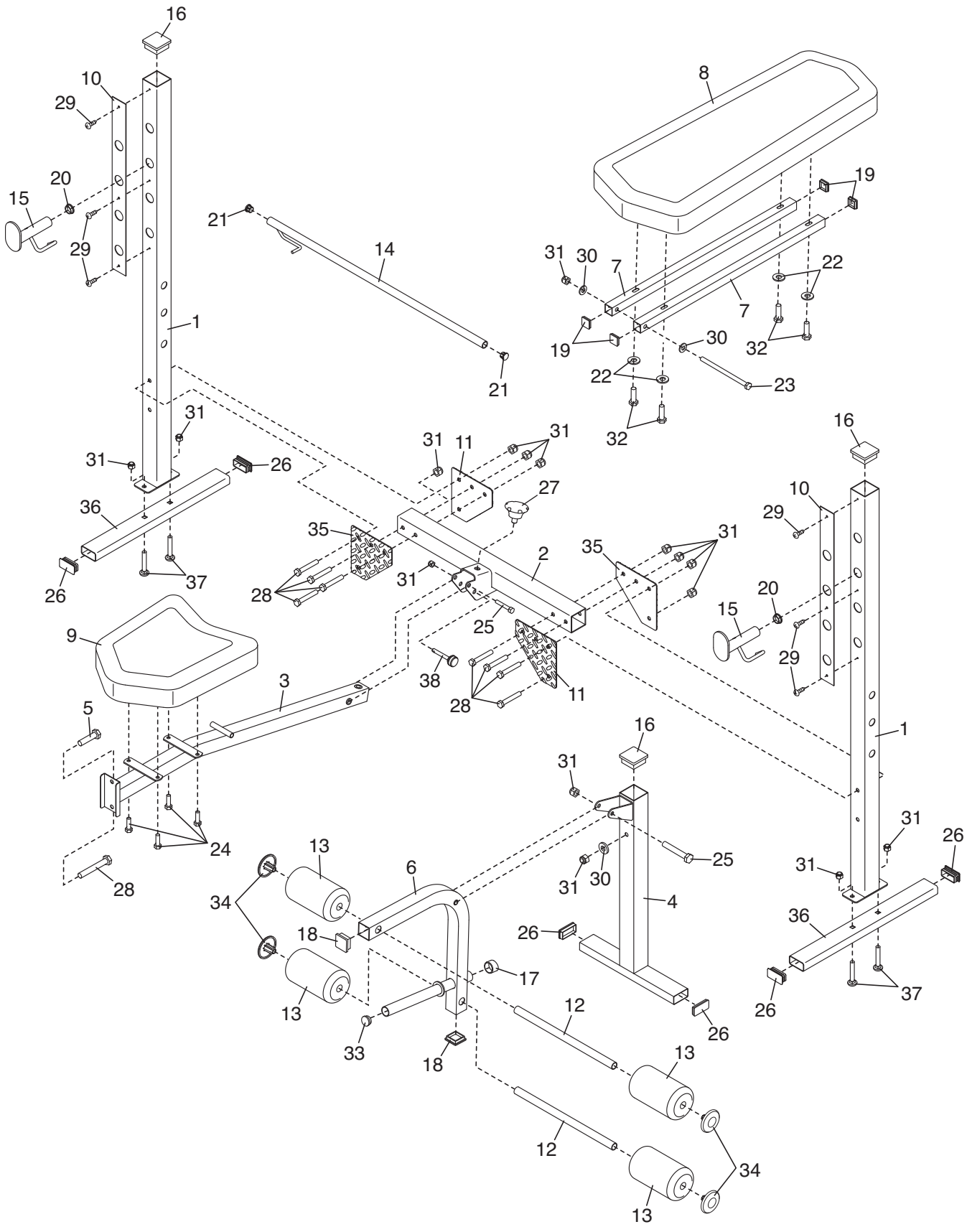
R0709A

Key No.	Qty.	Description
1	2	Upright
2	1	Crossbar
3	1	Frame
4	1	Front Leg
5	1	M10 x 19mm Screw
6	1	Leg Lever
7	2	Backrest Tube
8	1	Backrest
9	1	Seat
10	2	Upright Cover
11	2	Right Joint Plate
12	2	Pad Tube
13	4	Foam Pad
14	1	Backrest Support
15	2	Weight Rest
16	3	50mm Square Inner Cap
17	1	25mm Round Angled Cap
18	2	38mm Square Inner Cap
19	4	25mm Square Inner Cap
20	2	25mm Round Inner Cap
21	2	21mm Round Inner Cap
22	4	M6 Washer
23	1	M10 x 135mm Bolt
24	4	M6 x 16mm Screw
25	2	M10 x 63mm Bolt
26	6	25mm x 50mm Inner Cap
27	1	Lock Knob
28	9	M10 x 66mm Bolt
29	6	M4 x 16mm Screw
30	3	M10 Washer
31	16	M10 Locknut
32	4	M6 x 40mm Screw
33	1	25mm Round Thick Inner Cap
34	4	Pad Cap
35	2	Left Joint Plate
36	2	Base
37	4	M10 x 35mm Carriage Bolt
38	1	Lock Pin
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEEVBE8909.0

R0709A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 279716 R0709A

Printed in China © 2009 ICON IP, Inc.